SEC-39592
-2355-

BRAZIL NUT

1—NUTRITIOUS VALUE

2—COMMERCIAL INFORMATION—HISTORY

3—APPLICATION IN THE CULINARY ART

1—With reference to the nutritious value of BRAZIL NUTS,—formerly known as Pará Nuts or simply nuts,—in order that the properties of this product of the Amazonian flora may be better appreciated, we are reproducing, below, the contents of an elucidative boocklet, recently published by the Amazonas Chamber of Commerce:

AMAZONAS CHAMBER OF COMMERCE
PUBLICITY DEPARTMENT
P. O. BOX 119—MANAUS
BRAZIL

2005
Am 2162

Various analyses of **BRAZIL NUTS**, made by both home and foreign experts, reveal, as an average, the following results:

Albuminoid	17 %
Fat	67 %
Carbohydrates	3,8 %
Phosphoric Acid	1,5 %
Calcium Salts	0,7 %

From the point of view of modern feeding, a person requires approximately 25 to 30 grams of Albuminoids per day. From this conclusion, 200 grams of nutmeats would cover this requirement.

Calcium and Phosphorus, which form bone substance, are indispensable in human life, especially while new formations are being realized: in the embryo, before birth, and in infancy, when the body is developing.

BRAZIL NUTS, therefore, should be included in meals:

1.º — for the expectant mother;

2.º — for the nursing mother, in view of the fact that it has been proven that the Calcium Phosphate in milk can be increased, directly, through maternal feeding;

3.º — for children in the development stage, giving the younger ones fresh Brazil Nut milk (which is obtained by grating the nut and then squeezing the pulp, as is done with coconuts), and, to the older children, either whole nuts or nuts well ground;

4.º — for convalescents, especially after a fracture or a bone illness.

In addition to the above considerations, the maximum importance of vitamins in the diet should also be borne in mind. These are abundant in **BRAZIL NUTS.**

2 HISTORY — COMMERCIAL INFORMATION.

The designation of "Pará Nut", formerly used for the **BRAZIL NUT**, which is produced in greater quantity and better quality in the State of Amazonas, originated from the fact that the Amazonas was, at one time, a Province of the State of

Pará, and all exportations had to be made through that port. In spite of this, and already during that time, the latter part of the Seventeenth Century, the English-speaking countries imported these nuts with the designation of Brazil Nuts and the French-speaking countries by the name "Noix du Bresil", which correspond, literally, to "Noz do Brasil" (Brazil Nuts).

With the invasion of the Dutch and the conquest of Gram Pará, the **BRAZIL NUT**, was in great demand and was exchanged with the Indians for beads and small hand tools.

The Jesuits, such as Father Acosta, became acquainted with the product as early as 1590, and already at that time, praised its excellent qualities, endeavoring to introduce it into the European Courts.

The **BRAZIL NUT**, contrary to the belief of many persons, is not the fruit of the Nut Tree Bertholletia Excelsa H. B. R.—but is the seed of the fruit, or husk, as it is commonly called, and which many times contains approximately 25 seeds, arranged symmetrically around an axis. In order to obtain these seeds it is necessary to split this covering of extraordinary resistance with great skill, using a machette or an ax, as shown in the accompanying photograph.

BRAZIL NUTS are exported in bulk with the shells, in crates or bags, and the measure used in commercial transactions is the HECTOLITRO, (100 litros), which hold smore or less 50 kilograms of seeds, which, after shelling, yield approximately 18 kilos of kernals. In this form, they are exported in 15 kilo tins.

Their exportation is regulated by Decree No. 7819, of September 10th, 1941.

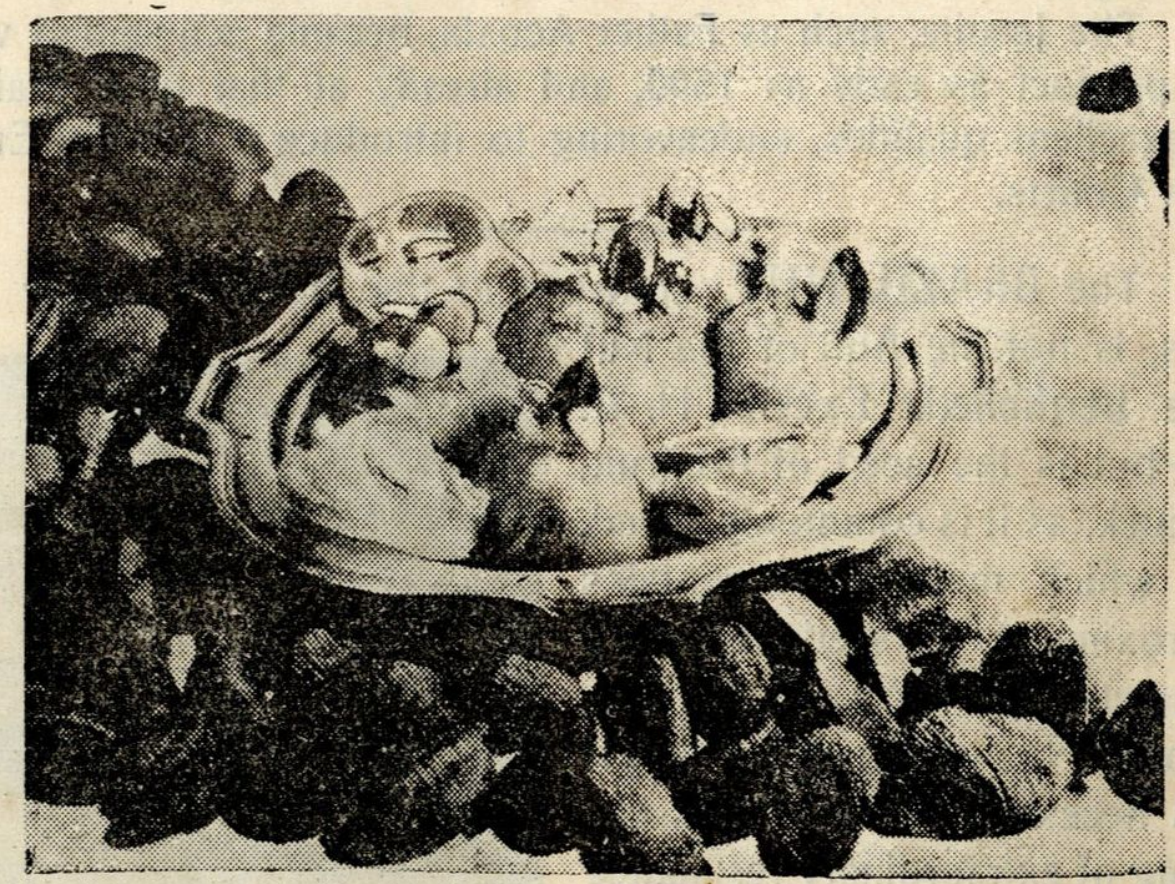
3 — THE BRAZIL NUT IN THE CULINARY ART

RECIPES:

BRAZIL NUT BALLS

One litro of freshly shelled and grated nutmeats, enough sugar to sweeten to taste, and three egg yolks.

Mix the above ingredients very well, kneading with the hands until blended. Then form, by hand, small balls, topping



each ball with pieces of nut still partially covered with pellicle. Place on cookie boards and bake in a moderate oven. These small balls may be covered with granulated sugar and then colored as desired. They may also be prepared in the shapes of fruit.

Fried filets of fish with BRAZIL NUTS

Fry the filets in lard or olive oil. Prepare a sauce by frying together the following ingredientes:

One onion, sliced; fresh red pepper, sliced tomatoes (or canned), chopped parsley and scallions. When well fried add a small quantity of water and bring the mixture to a boil. After boiling for a few minutes add the milk which has been squeezed

from the grated nuts, also the fried fish. Bring to a boil once more. Serve hot.

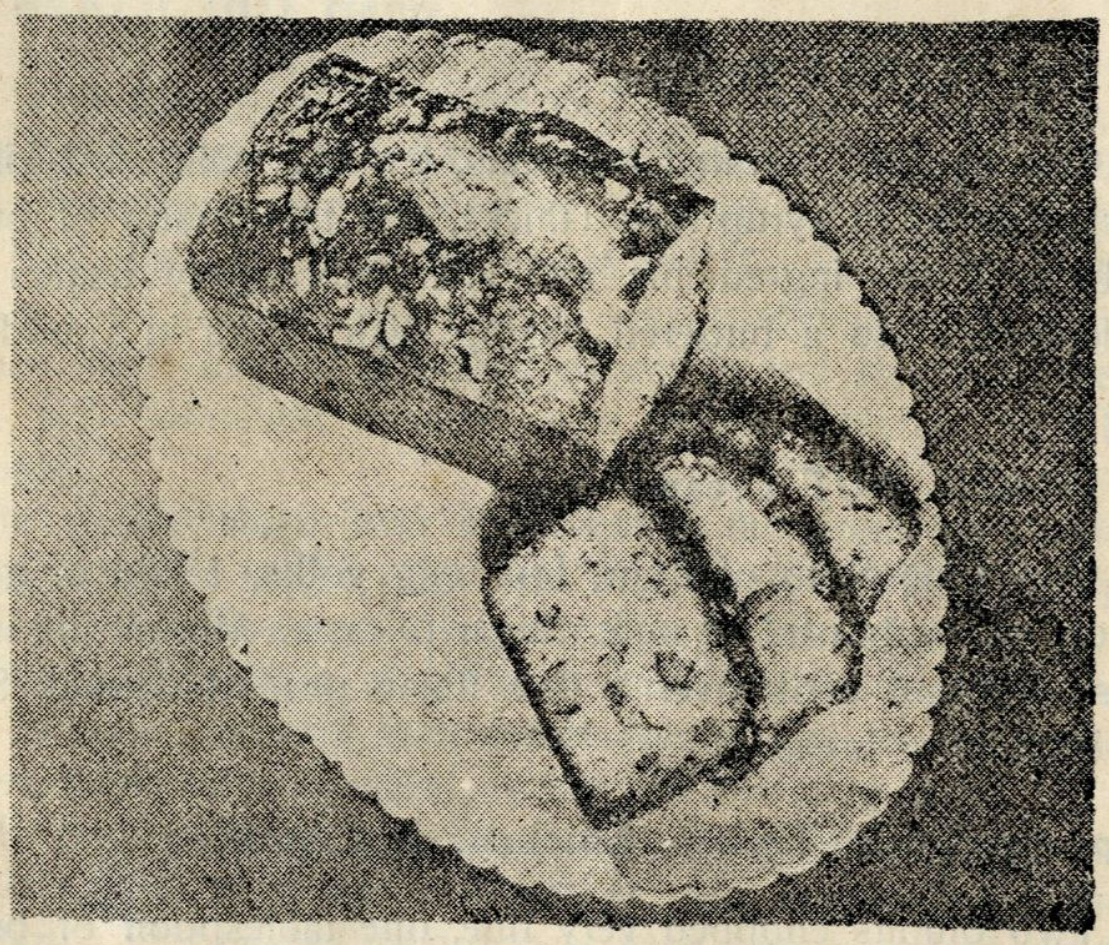
A small quantity of the nutmeats should also be used either by mixing with the milk or by adding to the boiling mixture.

BRAZIL NUTS in Syrup

Remove the shells and pellicle from a quantity of Brazil Nuts. Grate same. Prepare a syrup from equal parts of sugar and water. Remove from fire and add the grated nutmeats and a few whole cloves. Return to fire once more until the mixture is cooked. Allow to cool and serve as a dessert.

BRAZIL NUT angel cake

Six eggs, 400 grams of sugar, 1/2 pound of grated nutmeats, four tablespoons of butter and 200 grams of flour. Beat the eggs



very well. Add the sugar, grated nuts, flour and butter. Beat again. Pour into a buttered cake form and bake in a moderate oven until done.

BRAZIL NUT Squares

One litro of grated nutmeats and the syrup prepared from

one kilo of sugar and an equivalent amount of water. Combine the nutmeats and the syrup and cook over a low flame until the mixture reaches the sugar point. Remove from fire, spread board, allow to cool and then cut into small squares.

NOTE:—When preparing the nutmeats care should be taken to remove every bit of pellicle so as not to darken the on a sweet nor to allow it to become bitter.

Powdered BRAZIL NUTS

Toast a quantity of shelled nuts until a golden brown, or with the shells, which can be removed after roasting. Following this, with the addition of sugar and Cassava farina, or Tapioca or Manioc farina, the mixture is thoroughly pounded into powder form.

BRAZIL NUT Pudding

One cupful of grated nutmeats, ten egg yolks, 1/2 kilo of sugar prepared in syrup form (thick), one tablespoon of butter. Combine all the ingredients and after thoroughly beaten and blended, put into a buttered baking dish. Bake in a moderate oven.

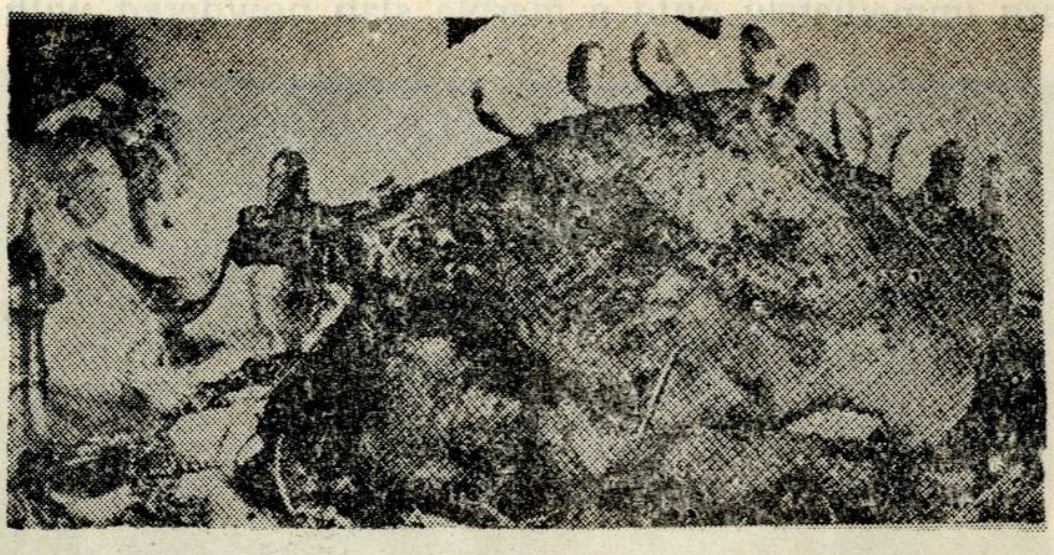
BRAZIL NUT Cream

One tablespoon of flour, four egg yolks, 1 kilo of grated nutmeats, two cupsful of milk. Sugar to taste. Mix all the ingredients well and cook over a low flame until thickened. Serve with biscuits or bread.

Recipe for Duck, Turkey, Chicken, etc., Stuffing

Two onions chopped very fine, one tablespoon of butter, two cupsful of nutmeats which have been cut into thin slices, three cupsful of bread crumbs. Salt, pepper and any other desired seasoning. Fry the onions in butter (sauté) for two minutes. Combine the seasoning and the nutmeats with the bread crumbs and the butter, allowing the mixture to cook for two minutes

longer. stirring continuously. If the stuffing is preferred a little humid, a small amount of water may be added. This quantity is sufficient for a bird weighing from 4 to 5 kilos.



BRAZIL NUT Hams

With 450 grams of sugar and the equivalent in water, prepare a thick syrup. Add 400 grams of grated nutmeats and cook over a low flame, stirring constantly, until the mixture detaches itself from the bottom of the pan when stirred. Remove half the mixture from the pan and place it on a platter; to the remaining half add two squares of grated chocolate and return to the fire for a few moments. Empty onto another platter, and leave overnight.

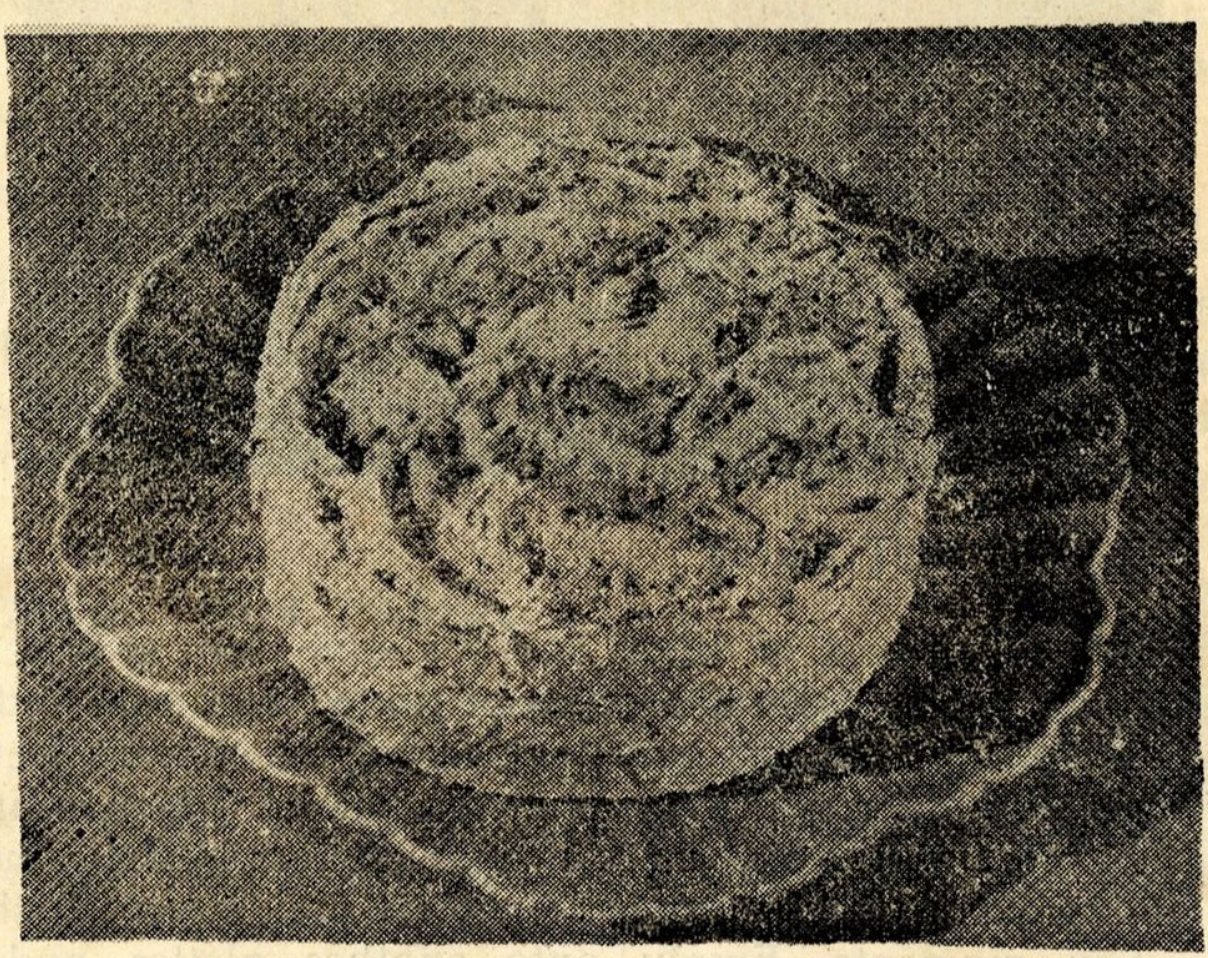
Next day shape into small hams, the upper part with the mixture containing the chocolate and the lower with the plain mixture, so as to resemble fat. Arrange on aboard and heat in the stove or at the mouth of an oven for a few moments. Remove, allow to cool well and then insert toothpicks, in the guise of handles, trimmed with paper, as used in trimming hams.

If desired, the nut mixture can be prepared without the chocolate, and, when ready, the upper part dipped into a chocolate glaze. This procedure produces even a more perfect imitation.

BRAZIL NUT Roll

Take 125 grams of sugar, 100 grams of flour, one teaspoon of baking powder and six eggs. Beat the egg yolks and the sugar thoroughly. Add the flour which has been sifted together

with the baking powder. Finally add the egg whites which have been stiffly beaten. Pour onto a cookie sheet lined with waxed paper and bake in a hot oven. Remove from the oven and overturn immediately onto a marble slab powdered with sugar.



Spread a layer of filling on top, roll and allow to cool. When cool pass on top the beaten white of one egg, powder with sugar and once more place at the mouth of the oven to dry.

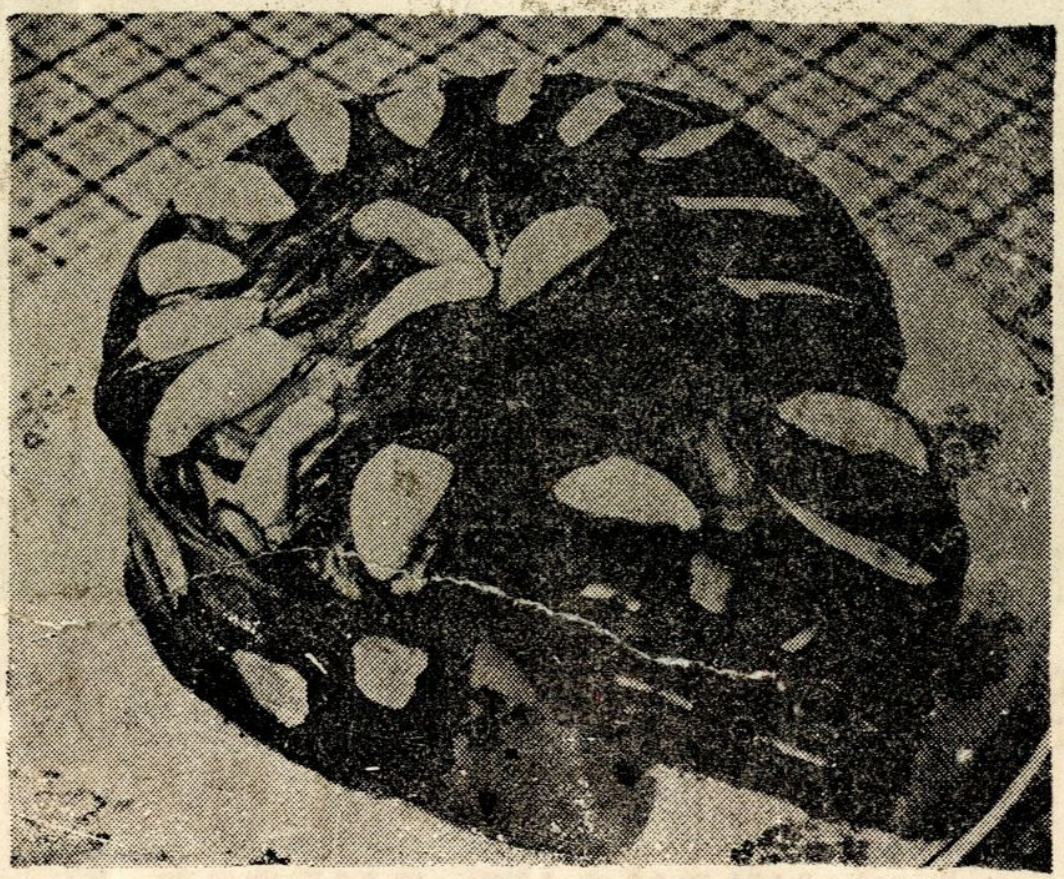
Mother-in-law's Eyes

One soupplate of grated nutmeats, one soupplate of sugar and five egg yolks. Mix all the ingredients well and cook over a medium flame, stirring often, until the mixture becomes loose in the pan. Cook a quantity of dried prunes in water and sugar, until soft. Remove the stones and fill the prunes with the nut mixture. Then roll same in granulated sugar.

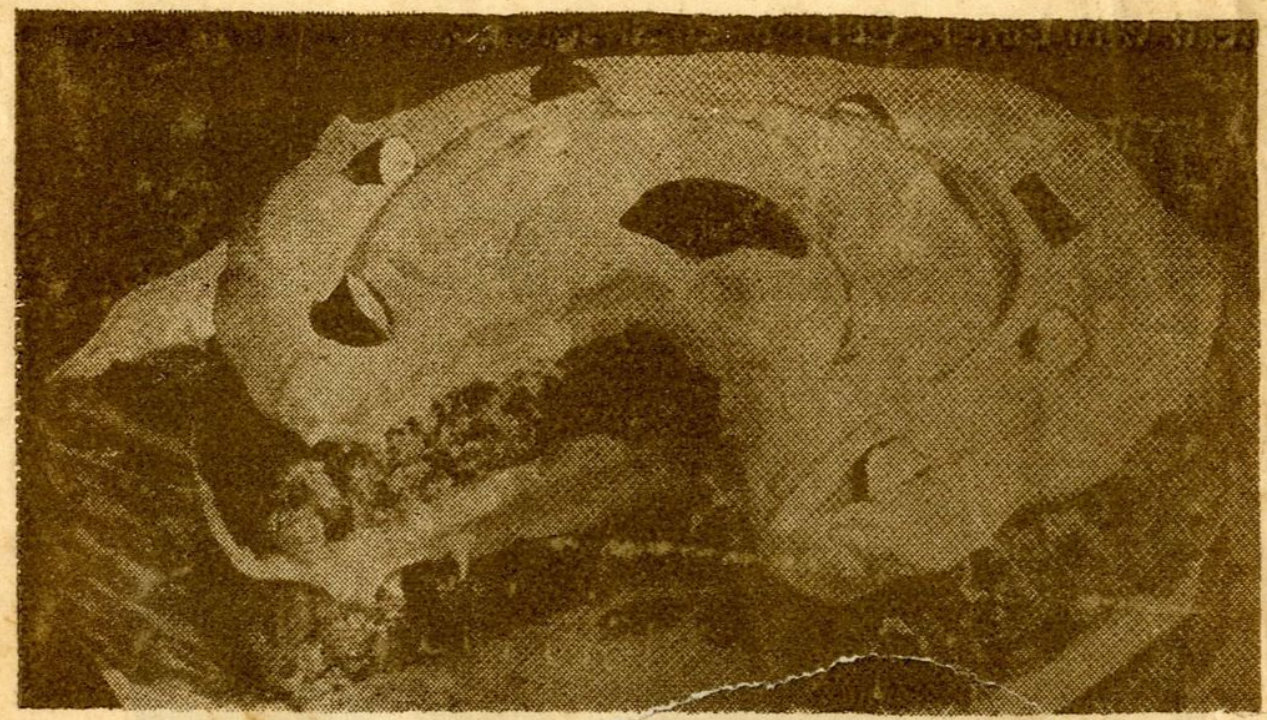
Special "Nigger"-Boy's Foot

Take one cupful of roasted nutmeats and pound into small pieces, one soup plate of sugar, one cupful of milk, one table-

spoon of butter and a pinch of ginger. Put the sugar, butter and the milk to cook until the point of crystallization is reached, but before allowing to harden remove from the fire, add the nutmeats and ginger immediately and empty onto a marble slab spread with butter. Cut into small squares.



SENSATIONAL!!!



This delicious **CAKE** is prepared **WITHOUT FLOUR** and **WITHOUT BUTTER**

BRAZIL NUT CAKE

Pass through a meat chopper at least 1/2 pound of freshly shelled **BRAZIL NUTS** and mix together with 1/2 teaspoon of salt and 1 tablespoon of sugar. Beat 6 egg yolks very well and add to the above mixture. Then beat the egg whites until they become stiff and fold into the nut mixture with a knife.

Pour into three flat round 8" cake forms, which have been spread with butter or lard, and bake for 30 minutes in a moderate oven.

If desired, pour into a deep loaf pan and bake for the first 20 minutes in a moderate oven and then for 30 minutes more in a hot oven.

2

AMAZONAS
GOVERNO DO ESTADO

Comunicado

A disponibilização (gratuita) deste acervo, tem por objetivo preservar a memória e difundir a cultura do Estado do Amazonas e da região Norte. O uso deste documento é apenas para uso privado (pessoal), sendo vetada a sua venda, reprodução ou cópia não autorizada. (Lei de Direitos Autorais – Lei n. 9.610/98.

Lembramos, que este material pertence aos acervos das bibliotecas que compõe a rede de Bibliotecas Públicas do Estado do Amazonas.

Contato

E-mail : acervodigitalsec@gmail.com

Av. Sete de Setembro, 1546 - Centro
69005.141 Manaus - Amazonas - Brasil
Tel.: 55 (92) 3131-2450
www.cultura.am.gov.br

Secretaria de
Cultura